

### **Criteria for the Metabolic Syndrome**

<b>Variable</b>	<b>ATP-III</b>	<b>ATP-III-A</b>	<b>IDF</b>
Waist circumference (cm)	Men >102, women >88	Men >102, women >88	Men ≥94, women ≥80
Blood pressure (mmHg)	≥130/85 <sup>b</sup>	≥130/85 <sup>b</sup>	≥130/85 <sup>b</sup>
HDL (mg/dL)	Men <40, women <50	Men <40, women <50	Men <40, women <50
Triglycerides (mg/dL)	≥150	≥150	≥150
Glucose (mg/dL)	≥110 <sup>c</sup>	≥100 <sup>c</sup>	≥100 <sup>c</sup>

<sup>a</sup> ATP-III=Adult Treatment Panel III (3/5 criteria required); ATP-III-A=Adult Treatment Panel-Adapted (3/5 criteria required); IDF=International Diabetes Federation (requires waist and two criteria); HDL=high-density lipoproteins.

<sup>b</sup> Or treated with antihypertensive medication.

<sup>c</sup> Or treated with insulin or hypoglycemic medication

*Source: Metabolic Syndrome and Metabolic Abnormalities in Bipolar Disorder: A Meta-Analysis of Prevalence Rates and Moderators*  
Davy Vancampfort, Ph.D, et.al., *Am J Psychiatry* 2013;170:265-274.